

GrowlTopia

Fresh Feeding & Canine Wellness Handbook

Luxury nutrition, enrichment, sensory experiences, and intentional canine care.

GrowlTopia Unleashed Euphoria

*“Because enrichment should exist in every part of a dog’s life
— including the bowl.”*

The Philosophy

At GrowlTopia, we believe meals should provide more than survival. Fresh feeding, raw feeding, enrichment bowls, and occasional home-cooked meals can all become opportunities for nourishment, stimulation, comfort, emotional fulfillment, and wellness. Luxury feeding is not about excess. It is about intention, balance, texture, scent, presentation, temperature variety, and creating experiences that help dogs truly thrive.

Fresh feeding should feel nurturing, educational, calming, and enriching — never overwhelming.

MEATS & PROTEINS

Poultry

Chicken • Turkey • Duck • Quail • Cornish Hen

Red Meats

Beef • Bison • Lamb • Goat • Venison • Elk • Pork • Pork Loin • Pork Heart

Fish & Seafood

Salmon • Sardines • Mackerel • Tilapia • Cod • Tuna (small amounts) • Shrimp • Mussels

Organ Meats

Liver • Heart • Kidney • Gizzards • Spleen

Eggs

Chicken Eggs • Duck Eggs • Quail Eggs

DAIRY

Safer Dairy Choices

Plain Greek Yogurt • Kefir • Cottage Cheese • Goat Milk • Plain Yogurt • Low-Fat Mozzarella •
Parmesan (small amounts)

Usually Avoid

Sweetened dairy • Artificial sweeteners • Chocolate dairy • Excessive cheese • Ice cream with
additives

VEGETABLES

Carrots • Green Beans • Broccoli • Cauliflower • Spinach • Kale • Zucchini • Squash • Pumpkin • Sweet Potato • Cucumber • Celery • Bell Peppers • Brussels Sprouts • Cabbage • Lettuce • Bok Choy • Peas

Functional Favorites

Digestive Support: Pumpkin • Sweet Potato

Anti-Inflammatory: Spinach • Kale • Broccoli

Hydration: Cucumber • Celery

FRUITS

Apples (No Seeds) • Blueberries • Strawberries • Bananas • Watermelon (Seedless) • Mango • Pineapple • Cranberries • Raspberries • Blackberries • Pears • Peaches (No Pit) • Cantaloupe

GRAINS & CARBOHYDRATES

Oatmeal • Brown Rice • White Rice • Quinoa • Barley • Farro • Millet • Whole Oats • Plain Pasta • Plain Whole Grain Bread • Plain Tortillas

LEGUMES & BEANS

Lentils • Chickpeas • Black Beans • Kidney Beans • Pinto Beans • Green Peas • Split Peas

Always fully cooked, plain, and low sodium.

SEEDS & NUTS

Chia Seeds • Hemp Seeds • Flaxseed • Sesame Seeds • Sunflower Seeds • Pumpkin Seeds

Safe in moderation:

Peanut Butter • Cashews • Almond Butter Occasionally

Avoid Macadamia Nuts and Moldy Nuts.

HERBS & FUNCTIONAL ADDITIONS

Cinnamon • Basil • Parsley • Rosemary • Thyme • Oregano • Turmeric • Ginger • Mint • Dill • Cilantro

Anti-Inflammatory: Turmeric • Ginger

Digestion: Dill • Ginger

Breath Support: Parsley • Mint

Brain Support: Rosemary

SAFE ENRICHMENT FOODS

Peanut Butter • Bone Broth • Frozen Yogurt Bark • Homemade Pupcakes • Frozen Fruit Bowls • Unsalted Popcorn • Plain Pancakes • Dehydrated Fruits

TOXIC FOODS

Grapes • Raisins • Onion • Excess Garlic • Chocolate • Xylitol • Alcohol • Raw Bread Dough • Macadamia Nuts • Avocado Pit & Skin • Cooked Bones • Nutmeg • Excess Salt • Caffeine

Signature Enrichment Bowl Concepts

Blueberry Bliss Bowl

Oatmeal • Blueberries • Kefir • Chia Seeds • Honey Drizzle

Cozy Harvest Bowl

Turkey • Pumpkin • Sweet Potato • Rosemary • Bone Broth

Frozen Summer Bowl

Watermelon • Goat Milk • Mint • Cucumber

These concepts are designed to inspire safe enrichment and thoughtful presentation while encouraging more engaging feeding experiences.

GrowlTopia Unleashed Euphoria

Luxury Pet Care • Rescue • Rehabilitation • Enrichment • Fresh Feeding Education

Created to inspire more intentional, enriching, and elevated canine care experiences.

Always introduce new foods gradually and consult your veterinarian before making major dietary changes.